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SERVING MANY

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PLENTIFUL, NONRATIONED EGGS MAKE GOOD MEAT EXTENDERS FOR WORKERS' MEALS

One of the ways to stretch your meat ration, now that most meat cuts have been returned to the ration list, is to use eggs as a meat alternate or as a meat extender. They are plentiful and nonrationed.

Eggs help to promote positive good health and should be included in the daily diet. Rich in protein of high nutritive quality, they are also a good source of iron in a form which is readily assimilated. They are also a relatively rich source of vitamin B₂ and a good source of B₁, niacin, and vitamin A.

Eggs as Alternates or Extenders for Meat

When using eggs as alternates or meat extenders, it is important to have the dishes well-flavored, served in adequate sized portions, and combined in an appetizing menu. Here are some suggestions:

Creamed hard-cooked eggs on
toast

Eggs à la king

Egg croquettes

Egg cutlets

Baked egg omelet. This may be served with a variety of sauces, as cheese, tomato, mushroom, or Spanish sauce, or may be accompanied by strips or crisp bacon, or by a small portion of fried ham.

(Cont. on Page 2)

PLENTIFUL FOODS

Fresh fruits and vegetables expected to be in plentiful supply in most markets in the Northeast Region during the month of March are: oranges, apples (especially lower grades and smaller sizes), cabbage, carrots, and onions.

Other foods which will be available in abundance include: dry edible peas; dry-mix soups; soya flour, grits, and flakes; citrus marmalade, apple butter, jellies, and grape, plum, and fig jams; wheat flour and bread; macaroni, spaghetti, noodles; oatmeal.

NEW PAMPHLET RELEASED

Industrial feeding specialists in the War Food Administration have just released a pamphlet, "Making the Most of Meat In Industrial Feeding", as a help to restaurant and industrial food managers who must now plan menus with limited supplies of meat.

The 29 page bulletin discusses problems of juggling ration points, using less tender cuts of meat, handling and storing meat, and ways to cook and extend it. The recipes in the book are set up for the service of 100 or 500 portions and are of interest chiefly to those who plan mass feeding.

(See subscription blank on last page)

(Continued from Page 1)

MEAT EXTENDERS

Scrambled eggs
Scrambled eggs with tomatoes
Scrambled eggs with bits of
cooked bacon
Scrambled eggs with chopped
ham
Scalloped hard-cooked eggs
and diced ham
Scalloped hard-cooked eggs
with green peas
Egg soufflé
Chessec soufflé
Ham soufflé
Tuna fish soufflé
Veal soufflé
Spanish eggs (sliced hard-cooked
eggs with Spanish sauce)
Western-style eggs are scrambled
with green pepper, minced
onion, and a little chopped
ham. They may be served plain
in a popular hot sandwich

More Egg Desserts Are In Order

Food managers who know the workers' food preferences are offering more of the many nutritious desserts made with eggs. Besides making a positive

contribution to the food value of a meal, egg desserts offer the last course sweetness desired by most workers. Try these suggestions for egg desserts:

Soft custard served over
diced oranges
Apricot whip with custard sauce
Prune whip with custard sauce
Sponge cake
Jelly roll filled with
jelly, marmalade, plain
cream, or lemon cream fill-
ing
Boston cream pie (plain cake with
cream filling or chocolate
cream filling)
Meringue cream pies, such
as butterscotch, coconut,
chocolate, and lemon
Chiffon pies made with
frozen strawberries or rasp-
berries are a flavor treat
in midwinter
Baked custard
Baked caramel custard
Custard pie
Coconut custard pie
Soft custard

Below are two recipes for egg main dishes. The first is a meat extender, the second a meat alternate.

Scalloped Ham and Eggs

Ingredients

Diced cooked ham
Hard-cooked eggs, sliced
White sauce made with --
Fat
Flour
Milk
Salt
Bread crumbs mixed with --
Melted fat

Size of portion - 6 ounces

Amounts

	100 portions	500 portions
8 pounds	40 pounds	
8 dozen	40 dozen	
1 pound, 8 ounces	7 pounds	
1 pound	5 pounds	
2 gallons	10 gallons	
2 ounces	10 ounces	
2 pounds	10 pounds	
8 ounces	2 pounds	

1. Fill greased baking pans with alternate layers of diced ham, sliced hardcooked eggs, and white sauce. Top with crumbs.

2. Bake in moderate oven at 350° F. for about 30 minutes until the crumbs are browned.

(Continued from Page 2)

<u>Ingredients</u>	<u>Spanish Omelet</u>	
	<u>100 portions</u>	<u>500 portions</u>
Egg yolks	6 dozen	30 dozen
Egg whites	6 dozen	30 dozen
White sauce, made with --		
Fat	1 pound, 8 ounces	7 pounds
Flour	1 pound	5 pounds
Milk	2 gallons	10 gallons
Salt	2 ounces	10 ounces
Paprika	1 tablespoon	1 ounce
Spanish sauce made with --		
Chopped onion	8 ounces	2 pounds, 8 ounces
Fat	8 ounces	2 pounds
Canned tomatoes	5 quarts	2-1/2 gallons
Diced celery	2 pounds	10 pounds
Green pepper, chopped	8 ounces	2 pounds, 8 ounces
Pimiento, chopped	8 ounces	2 pounds, 8 ounces
Salt	2 tablespoons	4 ounces
Pepper	1 teaspoon	1-1/2 tablespoons

Size of portion - 4 ounces omelet and 2 ounces sauce.

1. Beat the egg yolks until thick and lemon-colored.
2. Beat the whites until stiff but not dry.
3. Add the beaten egg yolks to the cooled white sauce, and mix well.
4. Fold in the beaten whites.
5. Fill greased baking pan two-thirds full.
6. Bake in moderate oven at 325°F. for about 50 minutes, or until well puffed and a delicate brown.
7. Cook the onion in fat until a light brown, add to the vegetables and simmer until all the vegetables are tender.
8. Cut omelet in squares and serve with Spanish sauce.

MAKING THE MOST OF THE MEATS IN INDUSTRIAL FEEDING

is just off the press

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Clip and send this form to the War Food Administration, 150 Broadway, New York, 7, N.Y.

